

Welcome to Children & Adolescents Psychiatric Services (CAPS)

CAPS is a part of Youth Services at Winnebago Mental Health Institute, providing longer term behavioral and psychiatric stabilization for youths ages 4-18.

Mission:

- ❖ To build healthy therapeutic relationships with patients, the most important step in assisting them with their treatment and changing behaviors
- ❖ To recognize that each patient is an individual with unique life experiences, and that recognition of those experiences is critical to providing individualized care
- ❖ To ensure that Safety and Security of patients and staff is of the highest priority

Goal:

- ❖ The goal of CAPS is to provide psychiatric and behavioral stabilization, and facilitate discharge to a lower level of care, avoiding the need for prolonged inpatient care.

Program Philosophy:

CAPS provides an environment that promotes behavioral change and the acquisition of adaptive coping skills. Each patient is an individual with unique life experiences and it is the philosophy of the treatment team that an awareness of these events is critical to the provision of individualized care. At the same time, a sense of unity is fostered through the use of a unit reward or credit program and various treatment opportunities that are offered to address the problems that challenge our population.

Population Served:

CAPS serves youth ranging in ages from 4-18 who are referred by their counties, whether through the court system or on a voluntary basis.

Treatment Modalities:

Most patients on CAPS will participate in a group behavioral program. Two options are available (the Reward Program and the Credit Program), and the youth's specific treatment needs will determine which approach should be utilized. Individual programs are also available when decided upon by the treatment team, and direct involvement of the patient during program development is encouraged. The long term goal of the behavioral approach is to assist in the development of adaptive behavior, allowing the youth to function more successfully within a less structured environment.

In conjunction with these Programs, patients of CAPS receive a wide variety of treatment groups, referred to as Treatment Trax. These groups include but are not limited to: Anger Management, Social Skills, a wide variety of Fitness groups, Personal Safety and Survivors Groups, Relaxation, Team Risk, Cognitive Behavioral Training, Psychotherapy, Self Esteem, OT Creativity, Experiential Therapy, Equestrian Therapy, and 1:1 contacts.

For further information on Programs or treatment, contact Dee Kapitzke @ 920-235-4910 X 2075. For information about admissions, contact Erin Sarauer @ 920-235-4910 X 2360.